



Cincinnati Recreation Commission



FREE Lifeguard Training Courses

Get your 2015 summer job NOW!

Just show up and come prepared to swim! No pre-registration required!

- Course is FREE for those who work full-time for CRC for the entire 2015 summer!
- Work the Water with CRC and earn \$9.23/hour to start!
- Course Fee is \$275 for non-CRC lifeguards.
- It is recommended you complete at least one pre-lifeguard class prior to the lifeguard training course.
- Attendance at every class within the course is mandatory.
- Participants must turn 15 by the end of the lifeguard course.

See back

Mt. Auburn Indoor Pool • 2034 Young Street • 45219

Course:	Dates	Days of Week	Times
Course #1	Mar 6 - Mar 15	Fri. (Mar 6 & 13) Sat. (Mar 7 & 14) Sun. (Mar 8 & 15)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm
Course #2	Mar 20 - Mar 29	Fri. (Mar 20 & 27) Sat. (Mar 21 & 28) Sun. (Mar 22 & 29)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm
Course #3	Apr 10 - Apr 19	Fri. (Apr 10 & 17) Sat. (Apr 11 & 18) Sun. (Apr 12 & 19)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm
Course #4	April 24 - May 3	Fri. (Apr 24 & May 1) Sat. (Apr 25 & May 2) Sun. (Apr 26 & May 3)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm
Course #5	May 8 - May 17	Fri. (May 8 & 15) Sat. (May 9 & 16) Sun. (May 10 & 17)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm
Course #6	May 22 - May 31	Fri. (May 22 & 29) Sat. (May 23 & 30) Sun. (May 24 & 31)	5:30 pm to 9:00 pm 1:00 pm to 6:30 pm 9:00 am to 5:00 pm

or Ryan Pool • 2856 Fischer Place • 45211 (Westwood)

Course #7	June 2 - June 6	Tues. thru Sat.	9:00 am to 5:30 pm
Course #8	June 8 - June 12	Mon. thru Fri.	9:00 am to 5:30 pm
Course #9	July 6 - July 10	Mon. thru Fri.	9:00 am to 5:30 pm

Attendance at every class within the course is mandatory.

- Course Entrance Requirements:**
- 1.) 300 yard continuous swim, front crawl and/or breast stroke;
 - 2.) Swim 20 yards, surface dive to 10 feet, retrieve a 10 pound brick, return to the surface & swim back to the starting point, keeping face at/near surface, holding the 10 pound brick with both hands;
 - 3.) Tread water for 2 minutes using legs only.

www.cincyrec.org • Aquatics: 357-P00L (7665) • aquatics@cincinnati-oh.gov



The City of Cincinnati and CRC are dedicated to providing equal employment without regard to race, gender, age, color, religion, disability status, marital status, sexual orientation, or transgendered status, or ethnic, national or Appalachian origin, or on the basis of any other category protected under federal, state and local laws. The City of Cincinnati and CRC are committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

